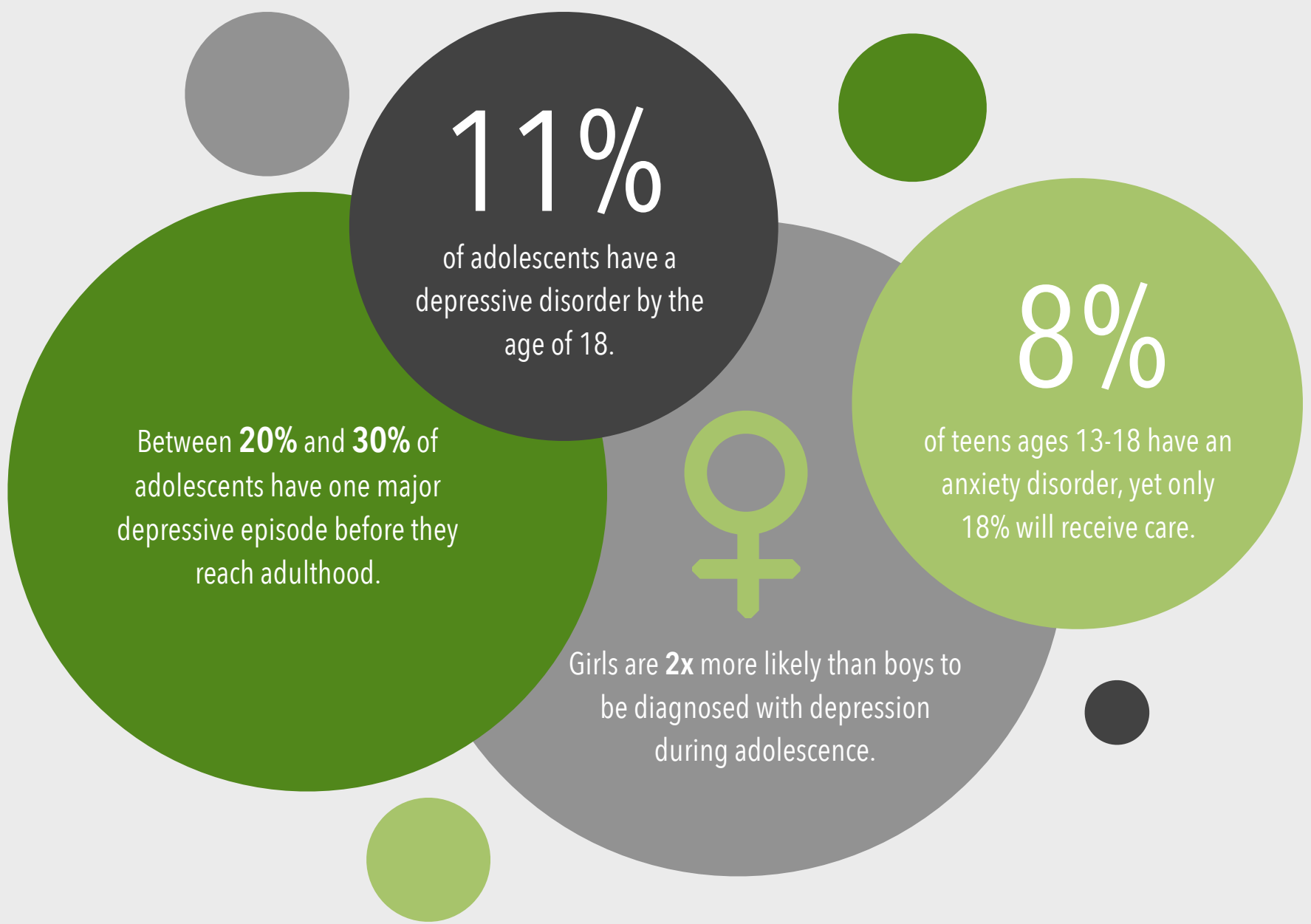
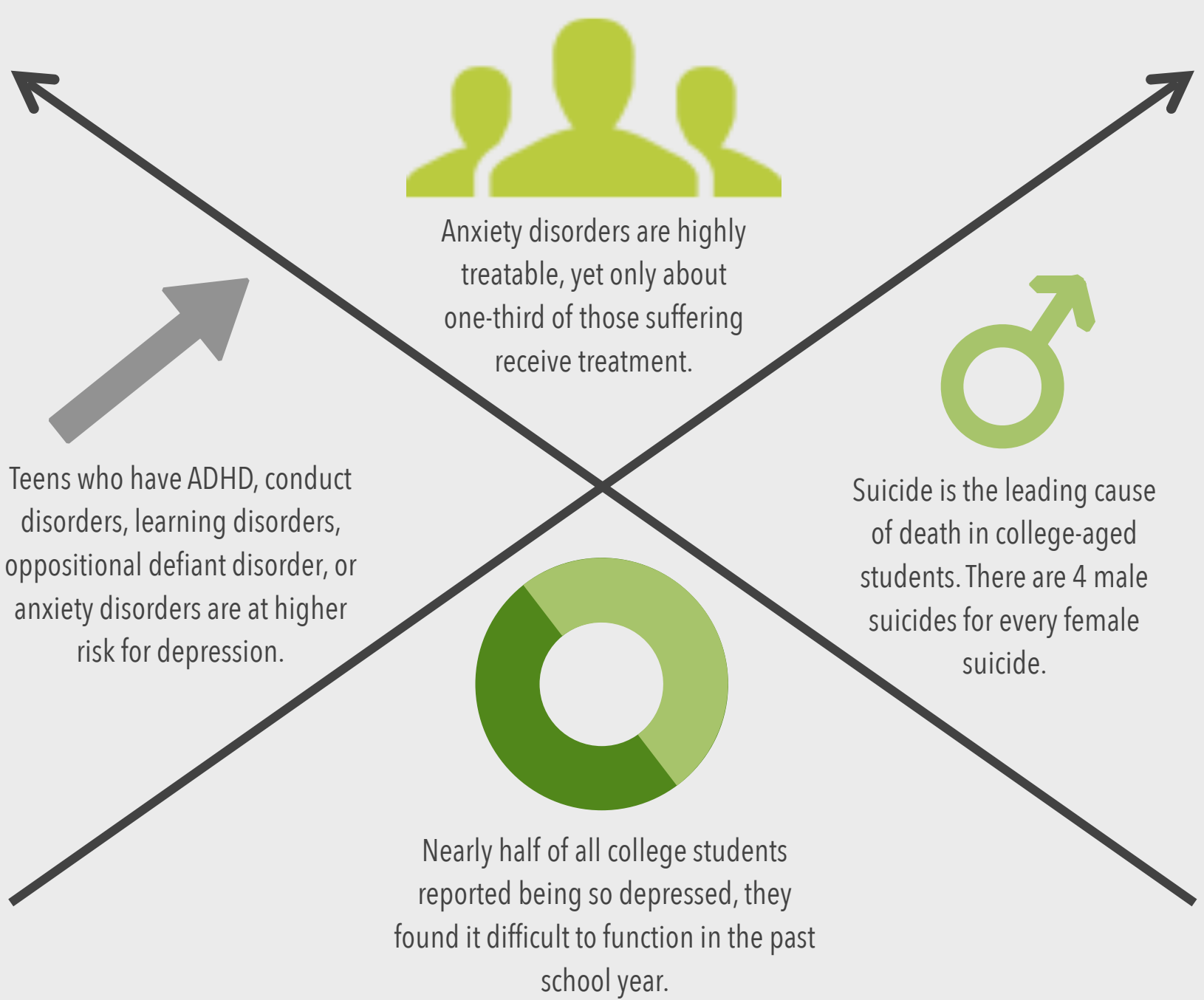


# Anxiety and Depression In Teens and Young Adults

Society tends to view depression and anxiety as "adult" problems. In fact, even experts once believed that only adults could have depression severe enough to require treatment. This can be a very dangerous misconception.



Existing mental health problems may become increasingly complex and intense as children transition into adolescence. Early intervention is key.



While no parent wants to send their child away to treatment, sometimes traditional talk therapy isn't enough to help teens and young adults who are coping with tough issues.

## Wilderness Adventure Therapy

Wilderness adventure therapy is an effective treatment option for anxiety and depression, as the therapeutic setting of the wilderness, group living, and adventure activities build self efficacy in teens and young adults.

### Wilderness Setting

Allows individuals to become fully immersed in the beauty of the outdoors presents the opportunity for individuals to try new things and overcome obstacles.

### Adventure Activities

Utilize overwhelming mastery experiences to increase self efficacy and help teens and young adults in overcoming depression and/or anxiety.

### Group Living

Students learn from others overcoming similar struggles and facing the same obstacles through wilderness therapy.

#### Resources:

National Institute of Mental Health: Anxiety Disorders in Children and Adolescents  
Anxiety and Depression Association of America  
National Institute of Mental Health: Depression in Children and Young Adults Fact Sheet  
National Alliance on Mental Illness: Depression in Children and Teens  
University of California, Berkeley University Health Services

